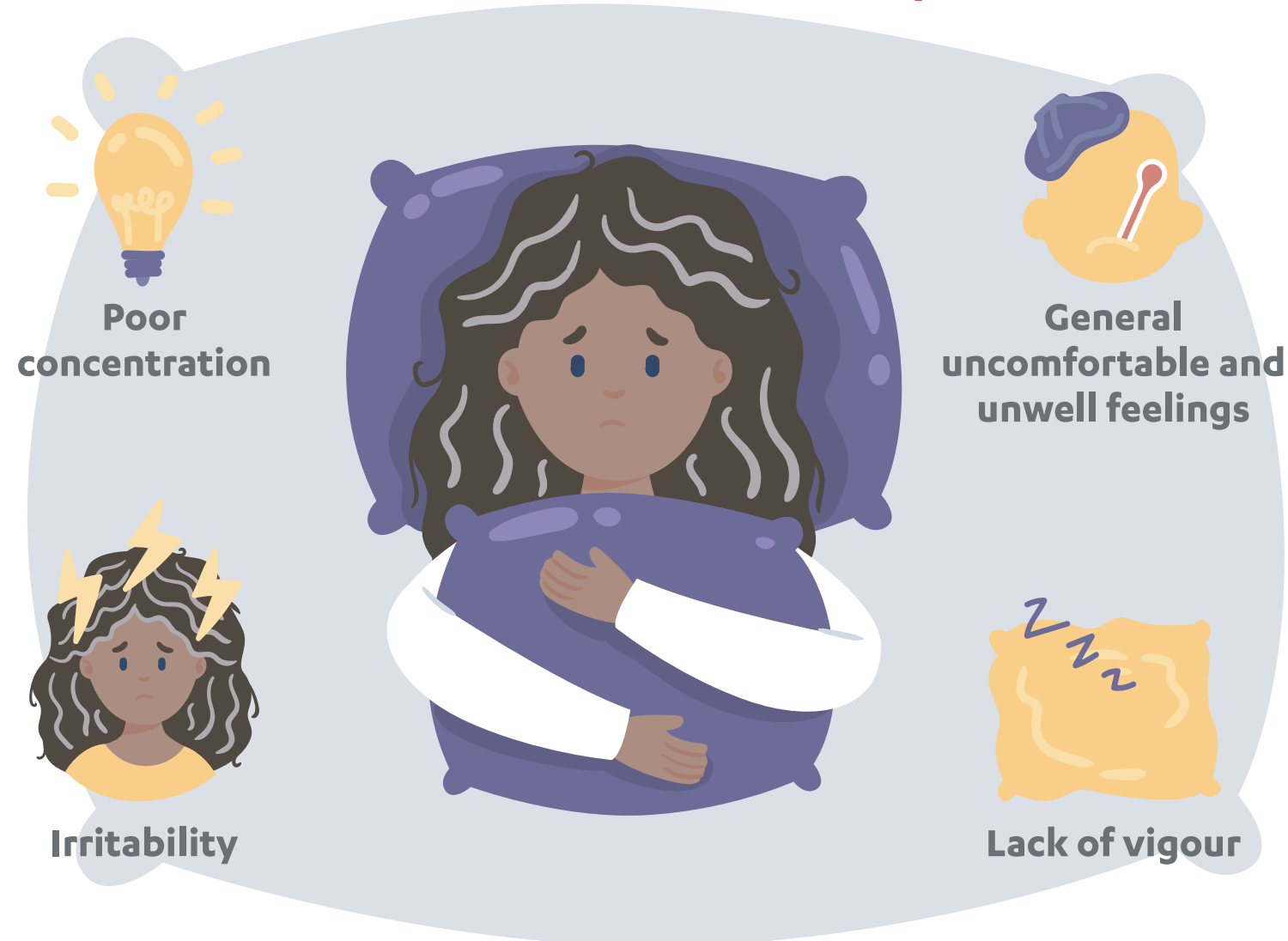# HOW TO IMPROVE SLEEP

How healthy sleep helps a person with schizophrenia

Sleep disturbance is a major problem for people living with schizophrenia, with up to 80% of people reporting symptoms of insomnia.[1]

While this is rarely a direct focus of treatment, studies show that healthy sleep reduces the severity of schizophrenia symptoms and in conjunction with medication, helps manage symptoms. [1]

How insomnia can affect you[2]

Poor concentration

General uncomfortable and unwell feelings

Irritability

Lack of vigour

What can you do to sleep better?[1]

Create a healthy sleep routine to assist you in managing symptoms of schizophrenia and live a fulfilled life.

Speak to your doctor, they may be able to adjust your treatment.

Avoid daytime naps, you'll sleep better at night.

Don't consume caffeine after 3PM.

Stick to a routine, it will regulate your body clock and allow for better sleep rhythms.

Exercise daily.

If you're working or studying late, allow yourself a couple of hours to unwind before bed. Don't go straight from work to bed.

If you or a loved one is struggling with symptoms of schizophrenia, consult a doctor. There is a monthly injectable that manages symptoms and allows you to live a fulfilled life.

References:
1. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4855992/ 2. https://livingwithschizophreniauk.org/information-sheets/health-living-sleep-problems/